

Chippewa Manor Times

Cindy Tewalt, Managing Editor | 248th Edition | December 2011/ January 2012

▶ WHAT'S HAPPENING ◀

By Cindy Tewalt, Activity Director



Holidays Packed Full of Fun Activities

Our recent Thrift and Bake Sale raised \$540! Thank you to those who donated and those who shopped. That will provide many enjoyable afternoons of musical entertainment!

December is HERE! A reminder that we will continue our tradition of our *Family Tree* in the lobby area. We ask residents and/or their family to donate an ornament that we can hang on the tree. Please drop off your ornament (if you haven't from years past) in the Activity Office as soon as possible. We will then tag the ornament and it will be placed on the tree for years to come as well. It is helpful if the ornament is non-breakable.

Keep a watchful eye on the calendar. There are always additions to the holiday calendar. You will notice that carolers will be coming to visit. Some go through the halls and others gather in common areas to present their program. We hope you enjoy all they have to offer! We sense a sign of joy even in the thought of the upcoming events.

We go on our Light Drive through Irvine Park and the streets of Chippewa Falls on Monday, Dec 12 at 5:30. We will return for hot cocoa and peppermint ice cream.

The *Annual Shopping Trip* to Wal-Mart is on Thursday, December 15 at 12:30 PM. We do need assistance and encourage volunteers and family members to help out.

The *Annual Christmas Party* will be Friday, Dec 23 at 1:30 PM. Everyone is invited! Even Santa! You won't want to miss it! This is a fun time with some singing by everyone and refreshments. We are asking families and friends to bring in a tray of holiday goodies to share for the party. You may bring to the kitchen or the Activity Office.

Our *New Year's Party* will be on Friday, December 30 at 1:30 PM. We promise to have some great music by Frankie Steinmetz, refreshments, some bubbly, some prizes and lots of fun!

If you would like to *give a gift* to the residents of Chippewa Manor, may I suggest the following: Sponsor a music program (anywhere from \$25 to \$50); purchase a couple subscriptions to the local paper (see Cindy for details); think about volunteering (see Cindy for how you can do that!). The Activity Department would also like to purchase an iPad. If you would be interested in donating one or funds to purchase, please see Cindy.

▶ ADMINISTRATIVE NOTES ◀

By Karen Robinson, NHA Administrator

Gifting Ideas for Staff & Residents

As I write this I find it so hard to believe that Thanksgiving is next week and Christmas and true winter are just around the corner. As I have shared in prior newsletters our famous Chippewa Manor weather predictors have indicated that this will be a cold and snowy winter, similar to last year.

Some of the frequently asked questions this time of year involve gifts both for our residents and for our staff. If you need gift ideas for your loved one, our staff will be happy to give you some ideas but remember space is limited and food/beverages must be contained and marked. We do not allow bird feeders as they do tend to attract mice that we aren't fond of

and in this building with doors opening frequently, we do not want them to pay us a visit. Individual staff members are not allowed to accept individual gifts, tips or gratuities of any kind; in fact, a staff member could lose their job for accepting a gift. If you feel you want to do something for the staff you certainly can and we truly appreciate goodies or whatever for all staff, which will be put in our employee lounge for all to enjoy.

We certainly wish you all a safe, happy and blessed Christmas and New Year!! Please do enjoy all of the many and varied activities that we offer with your family as you are able.

▶ LIVING SERVICES ◀

By Brandon Thorsness, NHA Assistant Administrator

Living Services Offers Real Peace of Mind

'Tis the season, isn't it! All I can say is that I love Christmas – and anybody that knows me knows I'm about in love with it as one can be! This can be chalked up to nothing but the greatest memories of Christmas (and any holiday for that matter) while growing up. Family all around everywhere; exceptional food; and of course Christmas music. I will say though, that I haven't exactly been too happy with the local radio stations playing Christmas music starting right after Halloween! I mean – is nothing sacred anymore?! And don't get me started on the shopping destinations putting up their Christmas décor at the same time they are taking down the ghosts and goblins from Halloween either. This is getting out of hand in my opinion...But I take it all in stride, because it is, after all, "...*the most wonderful time of the year!*"

I may have turned 30 this year, but that doesn't mean on Christmas morning, my mom won't have my stocking hung over the mantle, and full of things that make me fat. Nope. That's a guarantee. Also, she knows I'll never

talk to her again if she ever stopped doing that. So there's that little thing too... I like to call that "Holiday Motivation." ☺

Like me, many of you will be surrounded by family during the holidays. Additionally, like me, you might be seizing the convenience of being able to see everyone in a few days – to discuss with a couple of them some issues of concern. We all have relatives whom the rest of the family remains concerned about 365 days a year. Not knowing whether they are taking medications properly; whether they are eating enough nutritional items daily; if their hygienic needs are being met; and, among other concerns yet – whether they've seen their doctor in recent months.

At Chippewa Manor, we recognize how all of those concerns affect the health of someone. We especially recognize how those very issues affect the health of the geriatric population. Knowing that, we have spent well over four decades supporting those very needs of people in this community. We continue to do so by offering a variety of levels of care, that

ultimately offer a full continuum of care to seniors.

For some people, the discussions that will take place around the fireplace, during the football games, and maybe even over the dinner table these holidays – could be lifesaving. They might offer the first glimpse into the true needs a loved one might be having, and an articulation of the daily struggles they are working through. Listen, if someone shares those concerns to you. And

then act. Assure them that you'll get attention to their needs as soon as you're able. There are several resources in each community, and of course at Chippewa Manor, we have staff that can assist providing education for almost any geriatric need. If we can't serve you, we'll point you in the right direction.

Have those difficult conversations with loved ones if necessary these holidays, and you will make a difference in their lives.

▶ OFFICE TALK ◀

By Jennifer Buescher, Accountant

A Billing Information Reminder

Happy Holidays everyone!! We hope you have a safe and happy holiday season.

Occasionally there may be a charge other than the daily rate on the monthly bill. Some charges are not included in this rate such as

cable TV, telephone, transportation, oxygen, guest meals and various other items. If you have any questions about your bill, please feel free to call or stop by the Business Office.

▶ SOCIAL SERVICE CORNER ◀

By Tristi Crawford, Social Worker

Great Gifts More Than Just Ribbons & Bows

During this holiday season and throughout the year, there are gifts families and friends can give that don't cost money and are often most meaningful:

The Gift of Listening during your visits with others. Conversations are more meaningful if you really listen to what the other person is saying.

The Gift of Showing Affection to your loved ones. Hugs, gentle hand squeezing, and pats on the back are wonderful ways to let your loved ones know how much you care.

The Gift of a Letter or Card. People enjoy receiving cards/letters in the mail. It lets them know someone is thinking about them.

The Gift of Laughter. It has been said that it takes more muscles and energy to frown than

to smile. Laughter has a way of lifting one's spirits.

The Gift of a Game. Playing cards or other games is a fun way to spend quality time with loved ones and often brings laughter and conversation.

The Gift of Doing a Favor. Helping others is a gift that not only helps someone get a task done, but also makes the one helping also feel rewarded.

The Gift of a Cheerful Disposition. Cheerfulness and a positive attitude are contagious and make others feel good.

The Gift of a Compliment. Everyone knows how good it feels when someone gives you a compliment...pass this on to others.

The Gift of Prayer. Praying for someone is another way of letting them know they are special to you.



Here are some other gift ideas:

- Sweaters
- -Slippers (rubber/nonskid soles)
- Radio/CD player along with favorite music
- Crossword or Word Find books
- Snacks and treats (Non-breakable containers are preferred. Please review appropriate snack options with nursing staff first.)
- Soaps and lotions
- Beauty products (make-up, perfume, aftershave, etc.)
- Gift certificates from the beauty shop (Golden Shears 715-579-4483)
- Bedspread or throw blanket
- Family photos and decorations for the room
- DVDs of favorite movies

- Candy Cart gift certificates (See Activity Dept)
 - Drawer or tabletop organizer
 - Newspaper subscription
- (Please remember to mark all new clothes and items with the patient's name.)**

We hope everyone has a Merry Christmas and Happy New Year!

Thought for the Day:

We make a living by what we get, but we make a life by what we give.
(Winston Churchill)

► NURSING NOTES ◀

By Karen Davis, Director of Nursing

Welcome! Nursing Staff Adds Two RNs

Happy Holidays from the Nursing Department! We have a few new faces in the nursing department who have joined us recently.

Terrilynn Greene is a new graduate RN who will be working primarily the pm shift with an occasional dayshift. She lives close by to Chippewa Manor and is excited to be starting her nursing career here.

Cindy Bednar is an RN who will be working fulltime on the day shift. She actually worked at Chippewa Manor years ago as a nursing assistant. She came in to apply for a housekeeping position and the DON at the time asked her to become a CNA instead, so she did and started her career as an RN and has worked

in many areas of nursing including skilled nursing.

Cindy has recently returned to Wisconsin from Minnesota and is excited to once again work at Chippewa Manor.



Talk about full circle! Please welcome them as they get to know their new positions!

Looking forward, I myself will be celebrating my 30th year as an CMNR employee! It is hard for me to believe that 30 years have gone by. It makes me feel kinda old 😊.

MY NURSTING TIP:

As the weather turns cold and we brace ourselves for winter - be sure to wear appropriate clothing to prevent frostbite. Hats, gloves and layering of clothes is key.

▶ WHAT'S COOKIN' ◀

By Wanda Martell, CDA

Lutefisk & Lefse Dinner and More!

Looking into the holiday schedule, we will have our annual Lutefisk and Lefse dinner on Friday, December 9. Cost for visitors will be \$9.00 for lutefisk and \$5.00 for the meatballs. Please let us know by Friday, Dec 2 if you will be joining us.

The residents have chosen their holiday menus. On Christmas Day we will have Ham, sweet potatoes, green bean casserole, cornbread and pistachio dessert. On New Year's Day we will have baked chicken, corn

flake potatoes, vegetables, roll and banana cream pie.

If you are planning on taking your loved one out for the holidays, please let us know in advance. Also, if you are joining your loved one here for a meal, we ask that guest tickets be purchased at least two days in advance from the Business Office.

Have a Happy Holiday from the Dietary Department

▶ THIS 'N THAT ◀

By Cindy Tewalt, Activity Director

This newsletter is sent to the first informant of each resident. Additional copies are available at the beginning of Wing 3. Monthly Activity and Menu calendars not included in the newsletter may be picked up at the same area. You may also pick up our calendars online at www.chippewamanor.com.

Library books are available in the Activity Office for sign out. Check it out! The Chippewa Manor Resident Council sponsors a Candy Cart. It is located in the Activity Office. Purchases help fund special programs for the residents. Stop in and make your selection! Candy bars and chips are 75 cents. And soda or water is 75 cents. We have many music programs and enjoy the variety of performers and the genre of their repertoire. We welcome you to join us for any or all of these programs. Watch the calendar for date and times.

Chippewa Manor offers Independent Apartments, Assisted Living Services, Skilled Nursing and Rehab and onsite Outpatient Therapy.

Our Mission is To Comfort God's People



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By The Rev. Robert B. Hoekstra, S.T.M., Chaplain

Special Holiday Service Reminders

(All are invited to attend)

Service of Remembrance
2:00 p.m. Wednesday, December 7, 2011
at the Chapel of the Resurrection

This service is held in memory of those who were residents of the Chippewa Manor Nursing and Rehabilitation, tenants of the Chippewa Manor Residential Living, and those on the Chippewa Manor Living Services program who have passed since November 15, 2010.

We will also remember other friends of the Chippewa Manor. Refreshments will be served following the Service.

Christmas Day Service
December 25 at 10:00 a.m.
at the Chapel of the Resurrection

We gather as the Chippewa Manor Community to commemorate the birth of our Lord and Savior Jesus Christ. Please invite your family and friends to join us on this very special day. Have a blessed Christmas season and a happy new year